Know the facts, get peace of mind

Where you’re screened matters

Legacy Good Samaritan and Meridian Park Breast Health Centers received accreditation for excellence in the care of patients with breast cancer and benign breast disease from The American College of Surgeons’ National Accreditation Program for Breast Centers (NAPBC).

All Legacy Breast Health Centers are designated Breast Imaging Centers of Excellence by the American College of Radiology. To achieve this distinction, a facility’s imaging services must be fully ACR-accredited in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.

Our locations

Legacy Breast Health Center–Good Samaritan
Good Samaritan Building 2, lower level
1040 N.W. 22nd Ave.
Portland, OR 97210
Phone: 503-413-8114

Legacy Breast Health Center–Meridian Park
19300 S.W. 65th Ave.
Tualatin, OR 97062
Phone: 503-413-7800

Legacy Breast Health Center–Mount Hood
Medical Office Building 3, Suite 100
24988 S.E. Stark St.
Gresham, OR 97030
Phone: 503-413-7800

Legacy Breast Health Center–Salmon Creek
Medical Office Building B, Suite 150
2101 N.E. 139th St., Suite 150
Vancouver, WA 98686
Phone: 360-487-1800

Our legacy is yours.

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Legacy Breast Health Centers
www.legacyhealth.org/breasthealth
The facts about breast lumps

Knowing the facts about breast lumps can give you peace of mind. A lump in your breast does not always mean that you have breast cancer. It could be benign or non-cancerous. It’s important to do regular at-home breast exams. If you notice a lump or change of any kind in your breasts, please have it checked.

Causes of breast lumps

Breast lumps can be the result of:

• Normal tissue — Breast tissue is made up of glands, fibers and fat. These can cause a lumpy feeling.

• Cysts — These are masses of fluid. They are common and are rarely cancerous.

• Infection — Your breasts can become infected by breastfeeding. These lumps may be painful. If caught early, you can treat them with antibiotics. Infection can also result from abscesses. These can be treated by draining them.

• Trauma — If you have injured your breasts, you could form a hematoma. This happens from blood vessels rupturing. Trauma can also harm fat cells. Breast conditions caused from trauma are usually not cancerous.

• Fibrocystic breast change — This is common and not cancer. These lumps are round and smooth. They are not connected to breast tissue. More than half of women will experience fibrocystic breast change at some time. They can make it hard for a doctor to see breast cancer because they make breasts more dense. Make sure you tell your doctor if you feel these lumps.

• Fibroadenomas — These are normal tissue. They are solid. If these lumps get bigger, they may need to be removed.

When to get checked

If you are concerned about any change in your breasts, get checked. Legacy Health recommends having a mammogram every year after age 40. Legacy’s Breast Health Centers are private and comfortable. Parking is easy. Our caring staff will guide you through your screening, and you will get your results quickly.

We also offer:

• 3-D mammography, which reveals more, so more cancers are caught earlier

• Ultrasound

• Breast MRI

• Breast Specific Gamma Imaging (BSGI) at Legacy Good Samaritan

• Genetics counseling and testing